

Be comfy!

*Don't forget to
pack anti-chafing cream.
Try Pachelme Original
Chamois Butt'r, 75p for
9ml; cyclostore.co.uk*

CYCLE FIT

CYCLING HOLIDAYS

Book a cycling trip now so you can look forward to a holiday and be inspired to keep training

CROATIAN EXPLORER

Hooked on Cycling's seven-night trip, Bike and Boat Tour Around Kvarner Bay. Is just the thing if you're not sure how much you'll want to cycle – if you don't feel like it, stay on the boat and sunbathe! Explore islands in the northern Adriatic, including Cres and Pag, as you cycle up to 30 miles a day and sleep on the boat. This trip costs £806, based on two people sharing a cabin, full-board accommodation and seven guided cycle tours, but excludes flights and bike hire; see hookedoncycling.co.uk.

MAGNIFICENT MOROCCO

Enjoy the spectacular scenery of the Atlas mountains on this

10-day, moderate-level Road Atlas Moroccan biking tour that starts and ends in Marrakesh and takes in the coastal town of Agadir. It next runs in November and costs £995 land-only, including a mixture of accommodation, 6.5 days of biking, guides and vehicle support, plus most meals. Bike hire costs £150; skedaddle.co.uk.

FUN IN FRANCE

Based in the biking mecca of Morzine in the French Alps, Flow MTB runs fantastic women-only summer mountain biking weeks. Suitable for women with at least a little mountain biking experience, you'll get five

days of guided riding and skills sessions. Also included in the price of 495 euros is accommodation, lift pass, transfers, most meals, but not flights. You can hire bikes; see flowmtb.com/dirtgirls.

INDIAN ADVENTURE

Ride through the stunning foothills of the Himalayas with Exodus' new 17-day Cycling through North India trip. This moderate-to-challenging break takes in amazing views and reaches heights of over 3,000m. With dates in May and October, it costs from £1,599, including flights, breakfasts, some other meals, guide and vehicle support. You can hire bikes; exodus.co.uk.

